

Catalog Codes & Help Guide AG2 Programs: Art & Music AG6 Dance & Gymnastics AG5 General Interest AG6

Sports, Health & Fitness AG2 Training & Certifications AG7 AG8 Sports Calendar

Age-appropriate icons help you find the programs and classes that are age relevant and may be suitable for you and your family:



May be suitable for children ages 1-5.



May be suitable for children ages 6-12.



May be suitable for teens ages 13-17.



May be suitable for older teens and adults ages 18+.

Where's my class? Here's a reference guide to help you better identify where our programs are located:

AKSC = Aspire Kids Sports Center

ATA = ATA Karate Studio

CC = Coyotes Center

DK = Duke Golf Course

DSPA = Desert Sun Performing Arts

MCC = Maricopa Chamber of Commerce

MDA = Maricopa Dance Academy

MES = Maricopa Elementary School

MM = Maricopa Manor Business Center

MPL = Maricopa Public Library

MULT = Multiple locations

PMB = Pima Butte Elementary School

PP = Pacana Park

PW = Public Works

PWY = Pathway Prepatory Academy

SB = Saddleback Elementary School

SSM = Stage Stop Marketplace

SRES = Santa Rosa Elementary School

TBD = To be determined

How to read the catalog

correctly is important in selecting the programs that interest you and works with your schedule. Here's what you should expect to find in the program schedule line:



SPORTS, HEALTH & FITNESS

Adult Tennis - Level 1:



Novice students will learn basic strokes, strategies and rules of the game in order to become proficient for match play. Fee: \$65 Su 18 +9/19-12/5 4:30-5:30PM Su 9/19-12/5 5:45-6:45PM 18 +

Adult Tennis - Level 2:



Experienced players will learn new shots to improve their game and overall footwork, such as approach shots, volley and overhead. Fee: \$65

18+ S 9/18-12/4 11AM-12PM PP 18+ Th 9/16-12/2 8:30-9:30AM 18+ 9/15-12/1 7-8PM PP

Bootcamp (AM):



Join us for this full-body workout that incorporates strength, endurance flexibility. Bring a yoga mat or towel and a set of small weights (5 - 10 lbs). Fee: \$75

18+ MTWTh 9/7-9/30 5:15-6:15AM PP

Bootcamp (PM):



This class can enhance your stamina, increase your confidence and improve your strength and physique. Each session begins with a quick assessment of your blood pressure and physical abilities so that you have an opportunity to see your growth and improvement by the end of the session. Each work out is different. Work outs may include running, pushups, sit-ups, weights, kettle bells, dummies, circuit training and more. Boot camp is done indoors and outdoors. This is a challenging course for all levels of physicality but is definitely worth the hard work. Fee: \$130

18+ MTWTh 8/9-9/16 7:30-8:30PM MDA

Cardio Kickboxing:



If you are looking for a high-intensity workout that will increase your strength and flexibility while burning fat, try 45 minutes of cardiokickboxing. With over four years of martial arts and cardio-kickboxing training the instructor uses a combination of kicks, punches, jabs and self defense moves that will keep your

body moving. The class starts with a fiveminute stretch and then moves into full blown body workout and finishes off with a five minute cool down. Bring your water, tennis shoes and a towel and prepare your body for the burn fat zone! Fee: \$56

S1 16+ MW 9/13-10/6 5:30-6:15PM TBD S2 16+ MW 10/18-11/10 5:30-6:15PM TBD S3 16+ MW 11/15-12/8 5:30-6:15PM TBD

Co-Ed Golf:



We will work on short game, iron game, driving and putting. On the last day we will be discussing playing rules and proper golf etiquette. Range balls are included. Fee: \$80 S1 17+ Th 9/16-10/21 5:30-6:30PM DK S2 17+ Th 10/28-12/9 5:30-6:30PM DK

Evening Balance Yoga:



This class is for all levels. Focus is on form, technique and breath; the class will also focus on building balance, flexibility and strength through simple postures as well as fluid movement exercises. There will be no classes during MUSD fall break. Fee: \$55

W 9/15-12/8 6:30-7:30PM TBD

Fit4Baby:



Fit4Baby is an exclusive prenatal fitness program that offers a total body interval workout including strength training, cardio and flexibility. During class, exercises will be adjusted to accommodate clients' various stages of pregnancy and further education. Fee: \$65

18+ M 9/13-10/25 6:30-7:30PM TBD

Hockey Tot:



Skaters age 3 to 6 will learn basic hockey skating techniques. Students are required to wear a hockey helmet and hockey gloves are recommended (not included in the fee). Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70

S1 3-6 S 9/18-10/23 10:35-11:05AM MCC S2 3-6 S 10/30-12/11 10:35-11:05AM MCC

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Ice Skating:



This curriculum is designed for the beginner skater. it promotes physical fitness, balance and coordination while learning proper skating techniques. Although divided into levels, the skater will progress at an individual rate while being challenged and motivated. Skate rental included. Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70

Session 1:

13-17 S 9/18-10/23 11:45AM-12:15PM CC 18+ S 9/18-10/23 11:45AM-12:15PM CC Session 2:

13-17 S 10/30-12/11 11:45AM-12:15PM CC 18+ S 10/30-12/11 11:45AM-12:15PM CC

Jr. Golf:



The Jr. clinics will consist of seven lessons. We will work on short game, iron game, driving and putting. On the last day we will be discussing playing rules and proper golf etiquette. Range balls are included. Class will be held during MUSD fall break. Fee: \$60

S1 5-9 T 9/14-10/19 5:30-6:30PM DK S1 10-16 M 9/13-10/18 5:30-6:30PM DK S2 5-9 T 10/26-11/30 5:30-6:30PM DK S2 10-16 M 10/25-11/29 5:30-6:30PM DK

Karate for Kids & Adults:



Young children, kids, teens and adults learn Taekwondo with several nationally certified Black Belt instructors. You've seen our demos for years, now come be a part of the only dedicated karate studio facility in the city. Maricopa Black Belt Academy is now in its fifth consecutive year of offering classes through the City of Maricopa. Students enjoy physical and mental strengthening through a variety of disciplined excercises, weapons training, board breaking, leadership development, and competition preparation. Attend up to two classes a week per below schedule. Fee: \$59

New/White, Orange or Yellow Belts Only Session 1:

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5+	MW	9/13-10/27	4:15-4:55PM	ATA	
5+	MW	9/13-10/27	5:45-6:25PM	ATA	
5+	TTh	9/14-10/28	5-5:40PM	ATA	
5+	TTh	9/14-10/28	6:30-7:10PM	ATA	
Session 2:					
5+	MW	11/1-12/15	4:15-4:55PM	ATA	
5+	MW	11/1-12/15	5:45-6:25PM	ATA	

5+ TTh 11/2-12/16 5-5:40PM ATA 5+ TTh 11/2-12/16 6:30-7:10PM ATA

Learn Eating Awareness Nutrition (L.E.A.N.):



This is a lifestyle weight management program designed to help you achieve a balanced body and mind. It is based on a very positive, empowering approach to health. Using behavior and cognative modification, stress reduction and social support, clients discover how to take the power out of food and get off the diet cycle for life. L.E.A.N. will also teach you how to be a positive role model for your children. Book is included. Fee: \$120

18+ T 9/14-11/2 7-8:30PM SRES

Marathon Prep Series:



This running club is for the person who wants to prepare, train and run a half (13.1 miles) or full marathon (26.2 miles) in their lifetime. Whether you will compete in a marathon next year or years to come this is the running series for you. This marathon preparation series will equip you with the basics of running, knowledge and techniques to complete a marathon. Fees:

S1 \$15 18+ S 9/18-10/2 8-9AM TBD S2 \$20 18+ S 10/9-11/6 8-9AM TBD S3 \$20 18+ S 11/6-11/27 8-9AM TBD S4 \$20 18+ S 12/4-12/25 8-9AM TBD

P.M. Yoga (Beginner):



This class is for the person who has never taken yoga or who is new to yoga (1 year or less). This is a gentle way to start yoga. Benefits can include stress reduction, flexibility and relaxation. Bring a yoga mat, water and wear comfortable clothing. Fee: \$36

S1 16+ T 9/14-10/5 8-8:55PM TBD S1 16+ Th 9/16-10/7 8-8:55PM TBD S2 16+ T 10/19-11/9 8-8:55PM TBD S2 16+ Th 10/21-11/11 8-8:55PM TBD

Pilates (Beginner):



This class is for the person who has never taken pilates or is new to pilates (6 months or less). Benefits can include reduction in inches, lean muscle and increase of strength. Bring pilates mat, water and wear comfortable clothing. Fee: \$32

S1 16+ T 9/14-10/5 6-6:45PM TBD

S1 16+ Th 9/16-10/7 6-6:45PM TBD S2 16+ T 10/19-11/9 6-6:45PM TBD S2 16+ Th 10/21-11/11 6-6:45PM TBD

Pilates Boot Camp:



Three days a week of pilates for all levels. You can loose weight, inches and see results faster using fitness balls, weights and bands. Fee: \$60

S1 16+ TWTh 9/14-10/7 7-7:45PM TBD S2 16+ TWTh 10/19-11/11 7-7:45PM TBD

Pilates n More:



This class offers full body strengthening and development of your core muscles. The first 10 minutes you will be immersed into the breathing techniques and proper alignment of the body. Following, beginner through intermediate exercises will focus and develop the abdominal, buttocks, legs and upper body. Class will finishing up with deep cool down stretches for a complete relaxation of the body. Please bring a yoga mat and water. Fee: \$45

S1 16+ TTh 9/14-10/7 7-8PM TBD S2 16+ TTh 10/19-11/11 7-8PM TBD S3 16+ TTh 11/16-12/14 7-8PM TBD

Quickstart Tennis:



Quickstart tennis is a way for beginners to be more successful learning the basic skills in tennis. Through a safe, fun and knowledgeable program the City of Maricopa Parks and Recreation Division offers recreational group tennis lessons for beginners that want to learn coordination, equipment knowledge, court etiquette and stroke development. Some of the things that quickstart offers to make your child more successful are different racquet sizes, smaller court sizes and foam balls. Fee: \$65

5-7 S 9/18-12/4 8:30-9:30AM PP 5-7 Th 9/16-12/2 5:45-6:45PM PΡ S 8-10 9/18-12/4 9:45-10:45AM PP 9/15-12/1 5:45-6:45PM

Snowplow Sam:



Beginning ice skating lessons - If your child is between the ages of 3 and 6 and has never skated before, this is the perfect class! Snowplow Sam classes are based on the U.S. figure skating basic skills program. Participants will be in a group setting with

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a qualified instructor and receive free public session and skate rentals the day of class. Please note: this class will be held at the Coyote Center and you have to provide your own transportation. Fee: \$70

S1 3-6 S 9/18-10/23 11:10-11:40AM CC S2 3-6 S 10/30-12/11 11:10-11:40AM CC

Special Stars:



This class is for those children of special needs or adaptation. This class will allow participants to socialize while learning basic sport skills. During our seven weeks, the students will have an opportunity to play volleyball, basketball, softball/t-ball and gymnastics. They may bring their provider or parent if needed. Fee: \$5

6+ W 9/15-12/1 6:15-7:15PM TBD

Stretch & Grow Kinder Fitness:



Kinder fitness is a physical education class. It incorporates many of the fabulous fun games from preschool adventure while introducing them to school age fun. Fee: \$40

S1 5 Th 9/16-10/7 6:15-6:45PM TBD S2 5 Th 10/21-11/11 6:15-6:45PM TBD S3 5 Th 11/18-12/9 6:15-6:45PM TBD

Stretch & Grow Little Stars:



This is a creative movement and fitness class that provides lessons on how to live healthy lifestyles, exercise, play games, enhance language and more. Children play with balls, exercise to stories and songs, participate in parachute activites and games that help enhance gross motor skills. Fee: \$40

S1 3 M 9/13-10/4 6:15-6:45PM TBD S2 3 M 10/18-11/8 6:15-6:45PM TBD S3 3 M 11/15-12/6 6:15-6:45PM TBD

Stretch & Grow Preschool Adventure:



This is a physical education class that teaches children the importance of exercise, playing games and having fun. Children learn how to properly exercise by doing a warm up which is based on a literature story and phonetic awareness, aerobics, basic exercises, games, activities, stretches and cool down. Fee: \$40

S1 4 T 9/14-10/5 6:15-6:45PM TBD S2 4 T 10/19-11/9 6:15-6:45PM TBD S3 4 T 11/16-12/7 6:15-6:45PM TBD

Stroller Stride:



Stroller Strides is a total fitness program that would meet any mother's fitness needs. If you are expecting, have a child in tow with you, or your children are school aged and you have a desire to get in shape this program is for you. Stroller Strides provides you with a full body workout which allows you to improve your endurance, strength and flexibility. All children that are attending Stroller Strides need to be in a stroller throughout class. Umbrella strollers are not recommended. Fees:

\$99 18+ M-F 9/13-10/30 9-10AM PP \$49 18+ TTh 9/14-10/28 9-10AM PP

Taekwondo - Little Kicks:



This program is designed to teach 3 and 4 year olds the basic skills through fun and exciting martial arts games. Fee: \$45

S1 3-4 F 9/17-10/22 6:15-6:45PM PMB S2 3-4 F 10/29-12/10 6:15-6:45PM PMB

Taekwondo:





Learn one of the most popular martial art forms today from a 5th degree black belt instructor. Taekwando does not only teach self-defense but is a great exercise that develops mental and physical discipline, coordination, self-confidence and personal growth. Fee: \$65 S1 5+ F 9/17-10/22 6:45-7:45PM PMB S2 5+ F 10/29-12/10 6:45-7:45PM PMB

Tennis Level 1:



Learn the skills of tennis through a safe, fun and knowledgeable program! This class offers recreational group tennis lessions for children with no previous experience that want to learn coordination, equipment knowledge, court etiquette and stroke development. Fee: \$65

11-17 M 9/13-11/29 7-8PM PP

Tennis Level 2:



Build on the skills taught in Level I. This class offers recreational group tennis lessons for children with previous experience that want to learn coordination, equipment knowledge, court etiquette and stroke development. Fee: \$65

11-17 Th 9/16-12/2 7-8PM PP

Tennis Power Hour:



Looking for a fun group activity with high energy? Then try this class where you will get a warm up, cardio workout and cool down while playing tennis. It is a great way to get in better shape and burn calories. Fee: \$65

18+ M 9/13-11/29 5:45-6:45PM PP 18+ W 9/15-12/1 8:30-9:30AM PP

Tiny Tot Sport:



Are you ready for a revolutionary sports experience? Our tiny tot sports program is a fun-filled, seven-week program. This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. No special equipment is needed other than a smile! A parent or guardian has to be present during the class. All participants receive a t-shirt. Fee: \$20

Session 1:

2-3	Μ	9/13-10/25	9-9:45AM	PP
2-3	Th	9/16-10/28	9-9:45AM	PP
3-4	Т	9/14-10/26	9-9:45AM	PP
4-5	F	9/17-10/29	9-9:45AM	PP
Session	on 2:			
2-3	М	11/1-12/6	9-9:45AM	PP
2-3	Th	11/4-12/16	9-9:45AM	PP
3-4	Т	11/2-12/7	9-9:45AM	PP
4-5	F	11/5-12/17	9-9:45AM	PP

Turbo Kick:



This class is for those who are looking to have a great time, stay fit or get fit in an athletic, non-stop aerobic class. Turbo kick is similar to kick-boxing but is put to popular music and never stops moving. You can gain strength, stamina and feel good about what you have accomplished after taking this class. Fee: \$70 18+ TTh 8/10-9/9 10-11AM MDA

Yin Yan All Levels:



Class will start with Yan poses which consist of active poses that are linked in a flow sequence. Second part of class consists of Yin poses that are stretches held for longer periods of time. These poses are very good for creating healthy joints and connective tissue. Fee: \$55

16+ T 9/14-12/7 6:15-7:15PM TBD

Yoga for Seniors:



Yoga is an endless, individual, inner journey.

There is no competition, goal or judgment. Everyone progresses at own pace. This class focuses on flexibility, strength, endurance, concentration, balance and relaxation. This is a gentle way to start Yoga. Bring a yoga mat, water and wear comfortable clothing. Fee: \$28

S1	55+	Т	9/14-10/5	6-6:45PM	TBD
S1	55+	Th	9/16-10/7	6-6:45PM	TBD
S2	55+	Τ	10/19-11/9	6-6:45PM	TBD
S2	55+	Th	10/21-11/11	6-6:45PM	TBD

Zumba for Kids:



Zumba for Kids is a Latin inspired dancefitness class that incorporates Latin and international music and dance movements with the popular trends of hip hop and pop. This class will teach your child the benefit of exercise and movement. Best of all, the dance atmosphere will show them that exercise is fun! Fee: \$35

S1 7-12 S 9/18-10/23 10:15-11AM TBD S2 7-12 S 10/30-12/4 10:15-11AM TBD

Zumba:



Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment. All levels welcome. Fees:

Session 1 (\$70):

16+ WF 9/15-10/29 5:15-6:15AM DSPA **SRES** TTh 9/14-10/28 7-8PM Session 2 (\$70):

16+ WF 11/3-12/15 5:15-6:15AM DSPA 7-8PM **SRES** 16+ 11/2-12/14 Sessions 1 & 2 Combined (\$125):

WF 9/15-12/15 5:15-6:15AM DSPA 9/14-12/14 7-8PM **SRES** 16 +TTh

& YMNASTIC

Adult Dance Mix:



This class is for adults who have always wanted to dance or have previously danced and miss doing it. The first three weeks will be Ballet warm-up/Jazz/lyrical and the next two weeks will be Hip-Hop Hustle. This class gives you a nice variety of dance forms to enjoy. Be prepared to keep moving and have a good Mini Princess Hip Hop/Tricks time dancing. Fees:

S1 \$50 16+ W 8/11-9/8 6:30-7:30PM MDA S2 \$50 16+ W 9/15-10/20 6:30-7:30PM MDA S3 \$60 16+ W 10/27-12/8 6:30-7:30PM MDA

Creative Movement:



This is a fun class that introduces boys and girls into the wonderful world of dance and movement. Students will be introduced to the basics of ballet and jazz, have an opportunity to play with instruments and use fun props. This class helps students adjust to a class room group/instructor atmosphere without mom or dad in the room. Fees:

S1 \$50 2-3 W 8/11-9/8 9-9:45AM MDA S2 \$50 2-3 W 9/15-10/20 9-9:45AM MDA S3 \$60 2-3 W 10/27-12/8 9-9:45AM MDA

Fairy Tale Ballet:



This class will introduce the basic steps to ballet. Students will begin at the barre, then continue class in the center and do movemetns across the floor to Disney princess music and fairy tale classical music. Students will have the opportunity to make up their own dance moves and be creative at the end of class. Students are recommended to wear any color leotard with or without a skirt, pink tights and pink ballet shoes. Attire is not included in the registration fee but is optional. Fee: \$50

5-7 8/14-9/11 10-11AM MDA 5-7 S 9/18-10/23 10-11AM MDA S 10/30-12/11 10-11AM MDA

Gymnastics:





Non-experienced gymnasts will learn all the basics of gymnastics, including use of equipment from certified instructors in our fully equipped gym. Fee: \$53

Session 1:

7-18	T	9/14-10/5	4:15-5PM	SSM
7-18	Τ	9/14-10/5	5-5:45PM	SSM
7-18	Th	9/16-10/7	4:15-5PM	SSM
7-18	Th	9/16-10/7	5-5:45PM	SSM
Sessio	n 2:			
7-18	Т	10/19-11/9	4:15-5PM	SSM
7-18	Τ	10/19-11/9	5-5:45PM	SSM
7-18	Th	10/21-11/11	4:15-5PM	SSM
7-18	Th	10/21-11/11	5-5:45PM	SSM
Sessio	n 3:			
7-18	Τ	11/16-12/7	4:15-5PM	SSM
7-18	Τ	11/16-12/7	5-5:45PM	SSM
7-18	Th	11/18-12/16	4:15-5PM	SSM
7-18	Th	11/18-12/9	5-5:45PM	SSM



In this class, students will learn basic hip-hop steps, hip hop combinations and some hip hop tricks. They will be dancing to popular, clean upbeat music. Students need to wear comfortable clothing and sneakers. Fee: \$50 S1 7-9 S 8/14-9/11 11AM-12PM MDA S2 7-9 S 9/18-10/23 11AM-12PM MDA S3 7-9 S 10/30-12/11 11AM-12PM MDA

Mommy & Me Dance & Movement



Are you looking for something to do with your little one as well as getting to know some other parents and children in the community? This is the class for you. Parents participate in this class with their little ones. It is strictly for fun and engaging in an active group environment to enhance your little ones gross motor skills. The instructor will help facilitate the class and lead parents and children through dance moves, instruments, props to dance with and simple creative movement and creative imaginary play. Come spend some quality time with your little one while introducing them to a group atmosphere, instructor, dance and other children. Fees:

S1 \$50 2 W 8/11-9/8 10-10:45AM MDA S2 \$50 2 W 9/15-10/20 10-10:45AM MDA S3 \$60 2 W 10/27-12/8 10-10:45AM MDA

Parent & Star:



Bond with your child through gymnastics! USA certified instructors will explore the vault, bars, beams, floor, rings, trampoline and much more with parents and children. Note: your child must be able to walk on their own to participate in this class. Fee: \$48

Session 1:

1-3	М	9/13-10/4	9-9:30AM	SSM
1-3	Τ	9/14-10/5	9-9:30AM	SSM
1-3	Th	9/16-10/7	9-9:30AM	SSM
Sessi	on 2:			
1-3	M	10/18-11/8	9-9:30AM	SSM
1-3	Τ	10/19-11/9	9-9:30AM	SSM
1-3	Th	10/21-11/11	9-9:30AM	SSM
Sesio	on 3:			
1-3	M	11/15-12/6	9-9:30AM	SSM
1-3	Т	11/16-12/7	9-9:30AM	SSM
1-3	Th	11/18-12/16	9-9:30AM	SSM

Salsa / Ballroom:



Do you watch "Dancing with the Stars" and think: I wish I could do that? You now have

a chance right here in Maricopa to learn to salsa and ballroom dance. The instructor has over 30 years experience in professional and competitive ballroom dance and loves to salsa. Come learn to salsa/ballroom dance and have a great time doing it! Fees:

S1 \$50 18+ W 8/11-9/8 7:30-8:30PM MDA S2 \$50 18+ W 9/15-10/20 7:30-8:30PM MDA S3 \$60 18+ W 10/27-12/8 7:30-8:30PM MDA

Shooting Stars:





Boys and girls will develop strength, flexibility, coordination alongside certified instructors with the vault, bars, beam, floor, rings and trampoline. Fee: \$53

S1	5-6	Т	9/14-10/5	4:15-5PM	SSM
S1	5-6	Th	9/16-10/7	4:15-5PM	SSM
S2	5-6	Τ	10/19-11/9	4:15-5PM	SSM
S2	5-6	Th	10/21-11/11	4:15-5PM	SSM
S3	5-6	Τ	11/16-12/7	4:15-5PM	SSM
S3	5-6	Th	11/18-12/16	4:15-5PM	SSM

Tiny Tot Combo:



Students learn how to work in a group setting without mom or dad and do half hour of Tap and a half hour of Ballet. Fee: \$50 3-5 8/14-9/11 9-10AM MDA 3-5 S 9/18-10/23 9-10AM MDA 3-5 10/30-12/11 9-10AM MDA

Tumble Stars:



When introducing gymnastics to children, our main goal is for them to have fun as they learn the core physical concepts of flexibility, balance and agility. Fee: \$53

Session 1:

00001	O			
3-4	M	9/13-10/4	10-10:45AM	SSM
3-4	Τ	9/14-10/5	10-10:45AM	SSM
3-4	Th	9/16-10/7	10-10:45AM	SSM
3-4	Th	9/16-10/7	5-5:45PM	SSM
Sessi	on 2:			
3-4	Μ	10/18-11/8	10-10:45AM	SSM
3-4	Τ	10/19-11/9	10-10:45AM	SSM
3-4	Th	10/21-11/11	10-10:45AM	SSM
3-4	Th	10/21-11/18	5-5:45PM	SSM
Sessi	on 3:			
3-4	Μ	11/15-12/6	10-10:45AM	SSM
3-4	Τ	11/16-12/7	10-10:45AM	SSM
3-4	Th	11/18-12/16	10-10:45AM	SSM
3-4	Th	11/18-12/16	5-5:45PM	SSM

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Tumble Tots:



This class is for adventurous children that are able to be seperated easily from their parents to explore gymnastics in a fun and safe environment with a safety certified instructor in toddler-kinder gymnastics. Fee: \$48 Session 1:

		-			
2	М	9/13-10/4	9:30-10AM	SSM	
2	Τ	9/14-10/5	9:30-10AM	SSM	
2	Th	9/16-10/7	9:30-10AM	SSM	
Ses	ssion 2	:			
2	Μ	10/18-11/8	9:30-10AM	SSM	
2	Τ	10/19-11/9	9:30-10AM	SSM	
2	Th	10/21-11/11	9:30-10AM	SSM	
Session 3:					
2	М	11/15-12/6	9:30-10AM	SSM	
2	Τ	11/16-12/7	9:30-10AM	SSM	
2	Th	11/18-12/16	9:30-10AM	SSM	

Tumbling & Trampoline:



In this class the students will learn the basic skill of tumbling, summersaults and flipping. Class will be utilizing double mini, mini trampolines, Australian trampoline and tumble trak. Note: This class is held at Aspire Kids Sports Center in Chandler, AZ. You will need to provide your own transportation. Fee: \$53

S1 5-18 S 9/18-10/9 12-12:55PM AKSC S2 5-18 S 10/23-11/13 12-12:55PM AKSC S3 5-18 S 11/20-12/18 12-12:55PM AKSC

Tumbling:





This class will work on all the requirements to obtain a back-handspring, round off and front-handspring safely. Fee: \$53

S1 10-18 Th 9/16-10/7 5:45-6:30PM SSM S2 10-18 Th 10/21-11/11 5:45-6:30PM SSM S3 10-18 Th 11/18-12/16 5:45-6:30PM SSM

Tween / Teen Dance Mix:



This class is for boys and girls and introduces teenagers and tweens to various forms of dance. The first three weeks of the session will be a 1/2 hour of Ballet and 1/2 hour of Jazz and the next two weeks will include a 1/2 hour of Hip-Hop and a 1/2 hour of Ballroom or Tap. Students will learn a short routine for each dance form. This will be a fun and active class that keeps students moving and engaged in learning new things. At the end of the session students will have the opportunity to evaluate the class and choose their favorite dance form they would most likely continue to do to help develop a strong tween/teen dance program for the City. Fee:

S1 \$50 10-15 W 8/11-9/8 6:30-7:30PM MDA S2 \$50 10-15 W 9/15-10/20 6:30-7:30 PM MDA S3 \$60 10-15 W 10/27-12/8 6:30-7:30 PM MDA

$\mathsf{A} \mathsf{R} \mathsf{T}$ MUSIC

Children's Decorative Wood Painting Art:



Experience the fun and joy of putting your creative painting design on a patterned project that you get to make and take home. The four week course will offer two separate pre-designed projects that will be supplied along with all the materials necessary to develop your own personal treasures. Fee:

S1 5-10 M 9/13-10/4 6:15-7:15PM TBD S2 5-10 M 10/11-11/1 6:15-7:15PM TBD S3 5-10 M 11/8-11/29 6:30-7:30PM TBD

Fabulous Faux for Boring Walls:



A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouthdropping walls. Her dual-roller method quickly creates a variety of looks- suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more. Fee: \$49

11/29 6-8:30PM TBD 18+

Instant Guitar for Hopelessly Busy People:



Have you ever wanted to learn how to play the guitar but simply find it difficult to make the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee: \$49

11+ 11/29 6:30-9PM **TBD**

Instant Piano for Hopelessly Busy People:



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop. Fee: \$49

18+ Th 9/16 6:30-9:30PM TBD

GENERAL INTEREST

Cake Decorations:



Want to WOW your family and friends with a showstopper cake? You will learn how to make roses, stars, rosettes, shells, basket weave, sunflower petals and much more. Please bring a can of frosting. Eight cake tips are included in the registration fee. Fees:

\$40 8-12 W 9/15-10/27 6-7PM TBD \$45 16+ M 10/18-12/6 7-8PM TBD

Crime Scene Investigation:



Join our forensic team as we investigate the Cookie Jar Mystery. Our second session will consist of blood types, fingerprint evidence, DNA and much more. Fee: \$65

10-13 T 9/14-12/14 6:00-7:00PM SRES

Introduction to Ettiquette:



This class will teach the importance of good first impression an how proper etiquette, grammar, speaking clearly and overcoming shyness can make a positive difference. This common sense and fun-filled class will help build confidence and self-esteem, in addition to honing life skills. This is a one-time and a half hour event. Fee: \$40

10-18 S 9/18 1:15-2:45PM TBD

Introduction to Oil Painting for Beginners:



This is an Introduction to Oil on Canvas Painting. This is a hands-on class where you will be painting your first painting from the first class. During the classes, you will learn about color, composition, structure, method of applying paints to achieve different effects. You should wear old clothing or a full apron as oil painting could get a little messy. Each participant will receive a portable table-top eisel, oil paint set, brushes and pallet knife along with two canvases for the class. Note: We will be using standard oil paints and oderless terpenoid. People who are allergic to oil-based paints, terpentines or thinners should not take this class. We expect that you

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should have at least two if not three paintings completed during this course. If you want to see some of what will be taught, please visit: http://fineartamerica.com/profiles/gary-crunk.html. Fee: \$175

18+ T 9/14-10/26 7-8PM TBD

Kids Photography:



Has your child tried to take your camera away from you because they want to take their own picture? If yes, then sign them up for this class. We will focus on the basic skills of photography in a fun hands-on environment. Class fee includes camera and prints. Fee: \$45 8-12 T 9/14-9/28 6:30-7:30PM SRES

Kinder-Quette:



Table manners, remembering to say please and thank you, kindness and sharing are all addressed in this class. Participants will also learn the proper way to interrupt and meet adults. students will use hands-on activities and role playing to make life skills and manners lots of fun. Fee: \$20

4-6 S 9/18 11-11:45AM TI

Manners Matter - Real World Skills:



Table etiquette, proper grammar, kindness and consideration for others, speaking up, meeting/greeting and shyness are all addressed in this class. Students will use hands-on activities and role playing to imbue the importance of these life skills. Lots of fun will be had while moms and dads will be surprised at how lovely the dinner hour can be and how newly well mannered your youngsters are! Fee: \$30

-9 S 9/18 12-1PM TBD

Photography Workshop #1: Photography Basics:



Photography Basics. Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, White Balance, and much more! At the end of this workshop, you will be able to use your camera to it's fullest capability. Fee: \$25

18+ Th 10/7 6-8PM TBD

Photography Workshop #2: Composition Matters:



Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family/ group arrangements, black and white photography, and how to use your aperture for creative effects. This workshop will take you to the next level! Fee: \$25

18+ Th 10/14 6-8PM TBD

Photography Workshop #3: Practice at the Park



In this workshop, you will apply the principles regarding camera functionality, composition, and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects, and applying the principles of composition. Your photos will be evaluated during the workshop. Fee: \$25

18+ Th 10/21 6-8PM TBD

TRAINING & CERTIFICATIONS

Child And Babysitting Safety:



In this class, you will learn the appropriate and safe way to secure babysitting jobs, how to deal with problems, ideas to help kids feel comfortable around you, as well as basic first aid and CPR. Please bring a sack lunch. Fee: \$50

11-18 S 9/25 9AM-2PM MCC 11-18 S 11/20 9AM-2PM TBD

Heartsaver First Aid with CPR/AED:



Students learn how to manage illness and injuries in the first few minutes until professional help arrives. Class includes general principles, medical/injury emergencies, adult/child/infant CPR/AED training. Each student who passes the class will receive an American Heart Association card, valid for two years. Fee: \$45

15+	S	10/9	9AM-4PM	TBD
15+	S	11/13	9AM-4PM	TBD
15+	S	12/4	9AM-4PM	TBD

Youth Flag Football

Ages: 4-5, 6-8, 9-11, 12-15

Registration: June 7 through July 23 Season: August 21 through October 2

Cost: \$45 per child

Adult Flag Football

Ages: 18+

Registration: July 12 through August 6 Season: August 15 through October 3

Cost: \$350 per team

NFL Pepsi Punt, Pass & Kick

Wednesday, September 8, 2010 Ages: 8-9, 10-11, 12-13, 14-15

Registration on site

Cost: Free



Youth Soccer

Ages: 4-5, 6-8, 9-11, 12-15

Registration: August 16 through September 17

Season: October 30 through December 18

Cost: \$45 per child



Youth Basketball

Ages: 4-5, 6-8, 9-11, 12-15

Registration: October 18 through November 19

Season: January 15 through February 26

Cost: \$45 per child

For more information, contact Community

Services at 520/316.6964





Contact Community Services 520.316.6962

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